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HARPER'S NEW ICE MACHINE: $10,000 + TAX
metroNEWS

'Life after policing'

PUBLIC SERVICE

Ottawa police chief congratulates T.O.'s Bill Blair

Lucy Scholey
Metro | Ottawa

Ottawa Police Chief Charles Bordeleau says he's pleased that Toronto's former chief is staying in the public life — not in policing, but in politics.

Bill Blair announced over the weekend that he will seek the Liberal nomination in the federal riding of Scarborough Southwest in Toronto's east end.

"Congratulations to Bill Blair," Bordeleau said to reporters on Monday, adding that he attended a retirement party for Blair during an Ontario Association of Police Service Boards meeting.

Bordeleau said he's happy Blair has "found life after policing," but he was coy about whether he, too, might run for office one day.

Blair was in Ottawa on Monday for the Association of Fire Fighters Canadian Legislative Conference, where Liberal Leader Justin Trudeau promised to beef up support for first responders.

The 61-year-old Blair spent the past decade as Toronto's chief, and says he wants to remain in public service, which he considers the "highest calling."

New Democrat Dan Harris currently holds the Scarborough Southwest seat in Toronto.

WITH FILES FROM THE CANADIAN PRESS

It's all about the Redblacks

The Ottawa Senators' season may be over, but the Redblacks are just getting started. The team opened their mini-camp on Monday at TD Place, and play their first game June 8 against Hamilton. ANDRZEJ TERRENCE/FOR METRO

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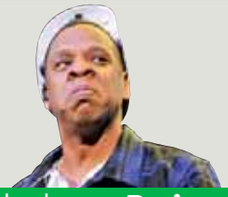

Hov in huff over Tidal's bad press. **Business**

PM home gets cool upgrade

POLITICS

NCC estimates new ice maker costs about $10,000

Joe Lofaro
Metro | Ottawa

It's the Victoria Day long weekend and you and your dinner guests are basking in the sun, munching on nibblies while patties cook on the grill. You go inside to get something to cool your beverage and then it hits you: you have no ice.

It's a common enough dinner party faux pas that Prime Minister Stephen Harper and his wife Laureen are hoping to avoid this spring now that the aging commercial ice machine in the basement of their official residence at 24 Sussex Drive has finally reached its end.

So the National Capital Commission, which manages the historic home, replaced it with a new, heavy-duty machine to grace their kitchen, according to a Jan. 19 memo obtained by Metro under the Access to Information Act.

The federal Crown corporation figured it would take 45 days to replace the old machine with a new one, at a cost of about $10,000. The machine alone was pegged to cost $7,000, with another $2,000 to $4,000 for mechanical and electrical modifications to move the unit to the kitchen from the basement.

45

The NCC figured it would take 45 days to replace the ice machine.

"The new equipment is required to appropriately support the daily operation of the house as well as special events and functions," the memo states.

Mark Kristmanson, head of the National Capital Commission, the Crown corporation which manages the Prime Minister's residence, gave the OK on the contract on Feb. 9.

"Please ensure that the costs are kept to a minimum," wrote Kristmanson.

The National Capital Commission says the work has been done, but a spokesman wasn't able to say how much it cost. But the machine is just one of many repairs needed at the 147-year-old heritage building in recent years. It is well known that the home is in dire need of major updates, but Harper has reportedly refused to allow the restorative work.

The 10,850 square-foot residence is divided into two sections: private living quarters for the prime minister's family and a public section, which usually is used to host luncheons and foreign visitors.

The NCC recently replaced an aging ice maker at 24 Sussex Dr. THE CANADIAN PRESS FILE

CHARITY

Owner of taco shop lost in fire gives $1,000 to CHEO

Standing before the remains of his boarded up, burned down taco restaurant on Bank Street, Sebastian Saikaley scrawled out his name on a $1,000 cheque to the Children's Hospital of Eastern Ontario on Monday.

The 24-year-old owner of Encino Taco Shop may have lost everything in a devastating fire that gutted his new restaurant and six other businesses earlier this month, but a deal's a deal.

Before his business burned down, Saikaley had promised 10 cents from every taco sold would go to CHEO in monthly cheques.

"Those kids … They're sick. They need money more than we do," he said.

Saikaley's dad, Eli Saikaley, who also lost his 36-year-old Silver Scissors hair salon in the fire, has been donating to the hospital for years.

"Even if we couldn't make it through the month, we would have given it regardless," said the younger Saikaley.

On April 9, an explosion gutted the business strip in the Glebe, near Lansdowne Park. Beaver's Mug Café coffee house, Browns Cleaners, Mac's convenience store and Pizza Hut were among those lost in the fire.

Saikaley said it's still tough for him to drive by the boarded up business. However, he's working on reopening the taco shop and giving back to CHEO again.

"The quicker this gets cleaned up, we get started again, the quicker I can keep contributing to them again," he said. LUCY SCHOLEY/METRO

Sebastian Saikaley signs a $1,000 cheque to CHEO on Monday. LUCY SCHOLEY/METRO

SANDY HILL

Curbing move-out day trash

Move-out month in student neighbourhoods like Sandy Hill once meant residents had to brace themselves for weeks of navigating sidewalk mazes piled high with over-flowing garbage bins and discarded Ikea Fjellse bedroom sets.

But the city says the problem has become much less of a concern because of the efforts of landlords, city councillors and the universities.

Marilyn Journeaux from environmental services said the city worked closely with the Eastern Ontario Landlords Organization to distribute flyers with detailed information on the rules for garbage disposal this month.

Some landlords in the area have even rented large dumpsters to make sure they don't get hit with the hefty $300 and $500 fines.

One student moving out Monday afternoon, Jordan Yates, said he was doing his best to donate items rather than curb them.

"I've noticed a few different places with huge piles of garbage, but I'm a big advocate for recycling and sustainability," he said, adding that he dropped off goods at the University of Ottawa's office of sustainability.

There's still lots of trash but Coun. Mathieu Fleury said complaints are now easier to handle.

"The problem is not as complex as it was before, because we now have a dedicated truck and dedicated bylaw staff that review the area," he said.

HALEY RITCHIE/METRO

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Tow leads woman on two-day hunt for her car

DISPUTE

Issue was a mix-up between husband, wife, company says

Lucy Scholey
Metro | Ottawa

Silvana Gandolfini alleges she spent two days searching for her vehicle after the tow truck driver dropped it off at an unknown garage. Inset: Gandolfini's car after she struck a taxi on April 16. LUCY SCHOLEY/METRO; CONTRIBUTED

It started out as a small fender-bender that needed a tow. But what happened next left an Ottawa woman with a huge bill and more questions than answers.

Silvana Gandolfini says she spent a frustrating two days trying to figure out where a tow truck driver brought her sport-utility vehicle after a collision with a taxi in the Sandy Hill neighbourhood.

But the towing company says that the mix-up arose from a miscommunication between Gandolfini and her husband, and it wasn't the tow truck driver's fault.

Gandolfini says her ordeal began on April 16 after she got into an accident with a taxi and enlisted Queensway Towing to take her banged-up GMC Terrain to a collision reporting centre, where drivers can report accidents to the Ottawa police.

Gandolfini says she then asked the tow truck driver to take her vehicle to the Surgenor GMC dealership on St-Laurent Blvd. for repairs. But when Gandolfini and her husband arrived at the garage, their SUV wasn't there.

They called Queensway to inquire about the whereabouts of their vehicle. Gandolfini says the towing company told her they brought it to another garage that her insurance company recommended. She once again asked Queensway to bring her vehicle to Surgenor.

Gandolfini and her husband waited some more, but their SUV never showed up. She called her insurance company, who told her they had not recommended a particular garage.

Gandolfini borrowed her son's car to drive to work the next day. She again tried calling the towing company to find out where the driver had left her SUV.

"We left numerous messages and we were never called back," she said. "I even called the police because I was even debating whether I had to declare it stolen. I didn't know what to do."

Gandolfini and her husband finally tracked down the towing company and their vehicle that Saturday — a full two days after the accident — and for a third time asked Queensway to bring it to Surgenor.

She said the company told her husband they did not receive her messages and, again, reiterated that her insurance company recommended the garage.

> **We left numerous messages and we were never called back. I even called the police because I was even debating whether I had to declare it stolen.** Silvana Gandolfini

When Metro called Queensway Towing, a man who identified himself only as Ed said the tow truck driver was on his way to one garage when another garage called and recommended the SUV be brought there instead. He declined further comment.

However, Ed called back and said the confusion was actually a result of a miscommunication between Gandolfini and her husband.

"There is a dispute between my driver and that client," he said. "She didn't know what to do with the car, so it wasn't his fault."

Ed said he hasn't had any problems before with customers.

"We're professionals. We do our work."

Gandolfini said there was no miscommunication between her and her husband. Queensway Towing hung up on Metro after two more phone calls.

"We have a business to run here," he said, before hanging up.

Gandolfini's car was eventually picked up by Surgenor GMC, where it was still undergoing repairs at press time. She lamented the wasted time. "I figure we lost about five days in the process," Gandolfini said.

In the end, she was left with a $1,689.35 towing bill from Queensway Towing, which does not include the teardown costs at the garage.

According to the receipt, the cost included a wait time of three hours, plus re-towing, storage and recovery fees.

With the teardown costs of the first garage, the bill has climbed to $1,839.35.

FEES

Average towing bills up: Experts

High towing fees in Ottawa are becoming "out of control" without regulation, say industry experts.

Silvana Gandolfini, an Ottawa woman, recently got hit with over $1,800 in towing fees after a fender bender. She claims the company took her car to the wrong garage.

According to Kevin Jamieson, a local collision centre manager, that price tag is becoming the norm.

"An average tow bill, over a year ago, used to be in the $275 range for an accident, which a lot of people think was exorbitant," he said.

"But compared to the tow bills today, it's actually quite cheap."

"It's just out of control. There are no controls, period," he added.

Fees can climb if a car needs to be towed multiple times — for example, from the accident scene to a collision reporting centre and then again to a garage.

But that does not fully explain the tow rate hikes, said the president of the Provincial Towing Association of Ontario.

"I don't know why the fees have gone up other than there's no oversight," said Joey Gagne, who's also CEO of Abrams Towing Group.

There has been some talk in the tow truck industry that tow truck drivers from Toronto — where city bylaws are more strict — are flocking to Ottawa.

Last year, the province passed Bill 15, which will cut auto insurance rates and regulate the tow truck industry. The government is still working on a regulatory framework.

LUCY SCHOLEY/METRO

BILL 15

Ontario tow truck law will not deter collision chasing: Experts

A controversial new tow truck law may help regulate the industry, but it will do nothing to prevent drivers from chasing collisions, said the president of an Ontario towing group.

The province approved Bill 15 last December — a law that aims to regulate the tow truck industry and cut insurance rates.

Joey Gagne, president of the Provincial Towing Association of Ontario, said the regulatory framework will focus on licensing and not incident management.

"The chasing issue will not be addressed," he said, noting that the province is still smoothing out Bill 15's regulatory framework.

Meanwhile, the City of Ottawa has its own bylaws to deter collision chasing, which some say can be dangerous. It's illegal for tow trucks to park or offer services within 100 metres of a collision.

The race to accident scenes has gotten worse since Ottawa police opened three collision reporting centres in Kanata, Orleans and downtown on Elgin Street.

The facilities allow drivers to report minor collisions rather than wait for a police officer to arrive on scene.

Some also say collision reporting centres are to blame for higher towing fees.

"It's opened up the door for those individuals to come in and charge whatever they want. There's no regulation," noted Kevin Jamieson, the collision centre manager at Surgenor.

Ottawa Police Chief Charles Bordeleau said the centres are helping to free up police officers.

"A lot of the collisions are being diverted from the frontline to the collision reporting centres, which is great news," he said.

LUCY SCHOLEY/METRO

COMPLAINTS?

Over the past three years, there have been 23 complaints made against tow truck companies, according to Ottawa's Better Business Bureau.

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Faye Kennedy's brother-in-law, Justin Piché, sits in his office at the University of Ottawa while waiting for more information on Kennedy's situation. Kennedy, a 32-year-old civil servant in Ottawa and an avid traveller, sent an email to her mother on Monday, telling the family she was safe but injured. ANDRZEJ TERRENCE/FOR METRO

Ottawa woman injured in Nepal earthquake

DEVASTATION

Himalayan nation hit by 7.8-magnitude temblor

Haley Ritchie
Metro | Ottawa

After spending the weekend terrified for her safety, the family of an Ottawa woman who was travelling in Nepal has finally heard some good news.

Faye Kennedy, a 32-year-old civil servant in Ottawa and an avid traveller, sent an email to her mother around noon on Monday, telling her family she was safe, but injured.

"It's been beyond harrowing, but Erland, Nisha and I have all miraculously survived. It's been beyond words," she wrote, adding that her two travelling companions are still stranded in Langtang National Park.

Kennedy was given priority and airlifted by helicopter to Kathmandu because she was injured, but she didn't include further details in her email.

"We know she's alive, so that's a step in the right direction, but she's injured and we're not sure what the nature of her injuries are," said her brother-in-law Justin Piché.

> **We know she's alive, so that's a step in the right direction, but she's injured and we're not sure what the nature of her injuries are.**
> Justin Piché, Faye Kennedy's brother-in-law

The family is concerned about getting medical attention in the chaotic capital city, which was badly damaged by the 7.8-magnitude earthquake on Saturday.

"We're obviously glad that she's alive but anxious about what the future will hold in terms of getting her safe and sound," he said.

Kennedy was hiking in Langtang National Park with two friends she met on a previous trip. The popular tourist destination was badly hit and many people remain stranded.

Piché said she's an experienced traveller who has hiked both the Adirondacks and travelled to the Mount Everest base camp.

"We miss her and we hope she comes home soon," he said. "Faye's a strong person."

The family is urging Canadians to donate to non-profits and rescue efforts.

"The Napalese people are going to be living with this long after the cameras are turning away from them, and they need our help now and they'll need it in the future," said Piché.

MORE EARTHQUAKE COVERAGE, PAGE 11

SUPPORT

Ottawa's link to Nepal

Nepal's ambassador to Canada says officials in both countries are working hard to deal with the literal and emotional aftershocks of Saturday's 7.8-magnitude earthquake.

"Support is essential to cope with this tragedy," Kali Prasad Pokhrel said Monday.

The death toll has risen to over 3,900 people, and even on Monday, three days after the quake first struck, aftershocks continued to make communication difficult.

"Nobody is inside their home, so now all the landlines are working but they cannot go inside," said Pokhrel.

"They are fearing another aftershock might strike, people are looking for safe spaces in the open air, just waiting for the tremors to subside."

As the primary contact for families trying to get news of each other from across the world, the embassy has been a chaotic link on both ends in Ottawa and Kathmandu.

"We're meeting with Napalese Canadians on how to provide support to the people there search and rescue and we're responding to the queries of those whose family members and loved ones are there in Nepal," said Pokhrel.

So far the Canadian government has committed $5 million in relief funds and is sending a Disaster Assistance Response Team to help with rescue efforts.

"We are grateful to the government of Canada for proving support for disaster relief, and we'll be needing more support to deal with the damage and destruction in the days ahead," said Pokhrel.

HALEY RITCHIE/METRO

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IN BRIEF

Police investigate west-end stabbing

Ottawa police are investigating after a man was stabbed Monday afternoon in the city's west end.

Few details are available, but police said the incident started just after 2 p.m. with a fight at the 2900 block of Carling Avenue. That's the area around Pinecrest Road and Bayshore Drive.

Police say a 19-year-old man was stabbed in the abdomen and sent to hospital in serious condition.

JOE LOFARO/METRO

CRIME

Charges laid in Bank Street bank robbery

Ottawa police have charged a man in connection with a bank robbery on Bank Street.

Police say the man entered a bank at about 8:45 a.m. on April 23 and handed the teller a note demanding money.

Police say the man indicated he had a gun, although it wasn't visible.

The man then fled the bank with an undisclosed amount of cash.

Investigators arrested the man the following day in the ByWard Market.

Etkilik Kamukkaq, 43, has been charged with robbery, wearing a disguise and uttering threats.

He is scheduled to appear in court on Wednesday.

Anyone with information with respect to this robbery is asked to contact the Ottawa Police Robbery Unit at 613-236-1222 ext. 5116. Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS) or by downloading the Ottawa Police iOS app.

METRO

Tracey-Ann Gagnon said an agreement between Collège La Cité and SPU saved her thousands of dollars. JOE LOFARO/METRO

SPU inks college credit transfer deal

EDUCATION

Collège Boréal, La Cité part of agreement

Joe Lofaro
Metro | Ottawa

A journalism graduate is applauding a new agreement between Saint Paul University, Collège La Cité, and Collège Boréal which lets students switching between the schools transfer relevant credits to continue their education.

Tracy-Ann Gagnon, 19, said she benefited from a similar agreement when she finished two years at La Cité and was able to effortlessly switch to St. Paul to study social communication.

On Monday, representatives from the three schools announced an articulation agreement that would allow college students graduating in police foundations, social services or the law clerk program to transfer their college credits to Saint Paul University. However, the credits can only be used to earn a bachelor's degree in either the human relations and spirituality, conflict studies or social communication programs.

"My experience was perfect," she said after the announcement at La Cité. "They recognized my credits automatically."

The partnership removes barriers for students wishing to get a theoretical background in their field of study, without having to take on enormous debt that comes with a typical university bachelor's degree, said Chantal Beauvais, rector of Saint Paul University.

"I saved half the money I would have spent in university," said Gagnon. "As a student, I know the value of money."

CRIME

Suspects sought in robbery of cab driver

Ottawa police are looking for two men after a taxi driver was allegedly assaulted and robbed last month after dropping them off at a west-end building.

The driver picked up two men in the ByWard Market on the night of March 25 and drove them to a building in the 1300 block of Prince of Wales Drive.

One man, who is now a person of interest, went into the building. The second man stayed behind and then allegedly threatened the driver, punched him, and stole a small quantity of cash, according to police.

Police released surveillance footage of the two men and are asking for the public's help in identifying them.

The first is a person of interest, described as a black male, six feet tall.

Police are looking for these two men in connection with the robbery. CONTRIBUTED

The second male, the suspect in the robbery, is described as a black male, 25 years, six feet tall, with short, curly hair.

Anyone with information related to this robbery is asked to contact the Ottawa Police Robbery Unit at 613-236-1222 ext. 5116.

Anonymous tips can be submitted by calling Crime Stoppers toll-free at 1-800-222-8477 (TIPS) or by downloading the Ottawa Police iOS app.

JOE LOFARO/METRO

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PM's ex-aide comes up at Duffy trial

COURT

Other senator made similar living expense claim: Defence

Why did suspended senator Mike Duffy's living expense claims in Ottawa land him in a criminal trial, while those of Conservative colleague Carolyn Stewart Olsen never seemed to raise an eyebrow?

It's a question that has popped up occasionally over the years, but now Duffy's defence lawyer is making a habit of dropping the Stewart Olsen name whenever possible.

Stewart Olsen, a former senior aide to the prime minister, sat on the secretive Senate committee that reviewed Duffy's expenses and collaborated with the Prime Minister's Office on altering its final report in 2013.

In this fourth week of Duffy's fraud, breach of trust and bribery trial, the focus has looped back to Duffy's declaration of his Ottawa-area home as his secondary residence, enabling him to collect $90,000 in living expenses over four years.

PRESSURE

Duffy has maintained that he broke no rules, and that he was pressured into repaying $90,000 in living expenses by the PMO and top Conservative senators, including Stewart Olsen.

Both he and Stewart Olsen were well-established figures in Ottawa before they were appointed by Prime Minister Stephen Harper to the Senate to represent Prince Edward Island and New Brunswick, respectively.

The Senate's public finance reports show Stewart Olsen claimed $11,507 in living expenses for her home in Ottawa before she sold it in 2011. The records only go back to September 2010, a year after she was appointed.

"You know that Sen. Stewart Olsen claimed this national capital living expense from the time of her appointment?" lawyer Donald Bayne asked Monday of top Senate finance official Nicole Proulx.

"All I can say is if senators provided a form, and said their primary residence was more than 100 kilometres away and they incurred additional living expenses while in the national capital region, and they had the proper documentation, then Finance would have provided the budget," Proulx responded.

When the Senate expense scandal was unfolding in 2013, Stewart Olsen told The Canadian Press in an interview that she had always planned on living in New Brunswick, but she couldn't immediately sell the home in Ottawa.

"We had to get it ready to put on the market; it needed some work. My husband's business was winding down as well, so for the time that it took us to do all of that," she said at the time.

THE CANADIAN PRESS

Suspended senator Mike Duffy arrives at court in Ottawa on Monday. He is facing 31 charges related to inappropriate Senate expenses. SEAN KILPATRICK/THE CANADIAN PRESS

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Network Operating Division Director Tom Irvine, top, gives Ontario Energy Minister Bob Chiarelli a tour of the electrical system at the Hydro One Grid Control Centre in Barrie, Ont., on Monday. FRANK GUNN/THE CANADIAN PRESS

Public duped about Hydro One: NDP

PROVINCIAL POLITICS

Horwath says Liberals were intentionally misleading

Ontario's Liberal government is accused of intentionally misleading people about its plans to privatize Hydro One to raise billions of dollars for public transit.

NDP Leader Andrea Horwath says Premier Kathleen Wynne does not have a mandate to sell the giant electricity transmission utility because the Liberals never raised the idea during last year's election campaign.

Wynne says the Liberals did campaign on plans to review provincial assets to leverage them to invest in infrastructure projects.

But Horwath calls that deliberately vague, and says Wynne can't even say the words "selling" or "privatizing" Hydro One, but uses terms like "optimization" "unlocking value" and "maximization" of assets.

SALE

The Liberals announced in the budget that they will sell 60 per cent of Hydro One. The sale is expected to generate about $9 billion, $5 billion of which will be used to pay hydro debt, and the Liberals will change the law so they can allocate the remaining $4 billion to infrastructure projects.

Wynne also uses the term "opening up ownership" to describe the government's plans to sell 60 per cent of Hydro One, which Horwath says would be funny if the issue of privatizing the electricity system wasn't so serious.

The NDP leader says Wynne uses any language possible except the straight truth: she is selling Hydro One, which means taxpayers will lose control of the utility as well as a large portion of future revenues.

THE CANADIAN PRESS

JAMES BAY

Chief orders Kashechewan evacuated

Kashechewan First Nation Chief Derek Stephen has ordered the complete evacuation of his flood-threatened town on the western shore of James Bay.

More than 1,400 residents had already been evacuated by Friday, and a statement issued by Kashechewan First Nation Communications says the remaining 400 or so will be moved out by tomorrow.

The initial evacuation plan had called for 15 to 20 residents to remain behind to keep an eye on the town's critical infrastructure. But with the Albany River rising rapidly, and conditions becoming increasingly perilous, Chief Stephen has decided to move everyone out — even pets.

The evacuees are being relocated in a number of communities including Kapuskasing, Smooth Rock Falls, Wawa, Greenstone and Cornwall in eastern Ontario.

This is the fourth straight year the First Nation has had to evacuate, Chief Stephen says.

> **"We just can't keep on living the way we've been living for the last four years."**
> Kashechewan First Nation Chief Derek Stephen

Stephen told said Thursday that the community spent $21 million on the evacuation last year, and millions more on repairs after much of the community had to live elsewhere for about a month.

It's time to move the entire community to higher ground so they don't have to do this every spring when the ice thaws and the Albany River rises, Stephen said. THE CANADIAN PRESS

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GLOBAL TREATY

Visually impaired to get more books

Visually impaired Canadians long frustrated with a lack of accessible literature in the country will soon have access to hundreds of thousands of titles from collections around the world.

The federal government is on the verge of amending copyright laws to allow Canada to fully implement the Marrakesh Treaty, a global agreement that will see dozens of countries pool resources to lower accessibility barriers for people who struggle to read printed material.

Under the terms of the deal, participating countries will create copyright exemptions that allow them to share audio books, electronic texts and other accessible forms of print material with other treaty signatories.

The resulting library, which already features 285,000 titles in 55 languages, will be accessible to people with visual or physical impairments that prevent them from reading text either on paper or on a screen.

Advocates are hailing the treaty as a crucial first step towards closing a yawning gap between those who require accessible texts and those who don't.

Diane Bergeron, an Executive Director with the Canadian National Institute for the Blind, said only seven per cent of the world's accumulated literature is currently available in alternate formats.

The Marrakesh Treaty, she said, can help level the playing field by simplifying rules and cutting red tape. The current laws require countries to seek permission from individual copyright holders if they want to share books across borders.

> **Canadians should not be denied opportunities to read and educate themselves simply because they are print-disabled.**
> Industry Minister James Moore

Using the example of five different countries hoping to share the Harry Potter series, Bergeron said that each country would have to produce its own copies of every series entry, thereby duplicating efforts underway in other parts of the world.

"You'd have five copies of that book being created in alternate format at approximately $1,500 a shot," Bergeron said in a telephone interview.

"With the treaty, we can now not have to gain copyright holder permission. Canada can do book one, the United States can do book two and so on and so forth."

Canada will start implementing the treaty later this week when Industry Minister James Moore tables a bill introducing it in the House of Commons. THE CANADIAN PRESS

IN BRIEF

No assisted-suicide laws before election: MacKay

The federal government will not introduce new legislation to govern doctor-assisted dying before the expected October federal election, Justice Minister Peter MacKay said Monday.

Rather, said MacKay, the government will soon reveal details of its long-promised public consultations on the emotionally charged issue, adding that officials are working behind the scenes to frame the discussion.

"You should not expect that there will be any legislation certainly before the election, no," MacKay said.

The Supreme Court struck down the prohibition on physician-assisted suicide last February.

THE CANADIAN PRESS

Police remove four Dumpsters from behind a homeless shelter Monday morning in connection with the investigation into the homicides of two men over the weekend that are believed to be linked. SHANE GIBSON/METRO IN WINNIPEG

Winnipeg agencies urge caution for homeless

CRIME

Two men were 'brutally killed' over weekend

Shane Gibson
Metro | Winnipeg

While investigators removed four dumpsters from behind Siloam Mission Monday, the agency and other organizations working with Winnipeg's homeless say they're making sure their clients are taking precautions after the bodies of two men were found downtown Saturday.

An employee at a business near Siloam said officers who arrived on scene shortly before 8 a.m. Monday told him the area behind the mission at 300 Princess St. was taped off and the dumpsters had tarps over them as part of the investigation into the homicides.

A video released by police on YouTube Monday said the public should expect to see police investigating the homicides at various alleyways in the downtown area.

Winnipeg's homeless and vulnerable community were warned Sunday after police say at least one suspect "brutally killed" two men within the span of four hours over the weekend.

Police say Donald Collins, 65, was found in the rear of 329 Hargrave St. around 12:45 a.m. and Stony Stanley Bushie, 48, was found behind 333 Portage Avenue around 6:30 p.m.

> **It's horrific and horrible.**
> Joel Cormie, with Lighthouse Mission

Siloam's deputy director Laiza Pacheco said police didn't tell them what was of interest in the dumpsters, but the mission is cooperating with the investigation.

"We're trying to be as helpful as we can," she said.

Pacheco said the dumpsters could contain garbage from all aspects of the mission's work — from food scraps to things thrown out by people staying overnight — as well as anything thrown in by passersby.

While police continue to investigate Pacheco said Siloam has put up posters about the crime up at the mission, and staff are making sure their clients know to be careful on the streets.

Joel Cormie, operations manager at Winnipeg's Lighthouse Mission, said his staff would be doing the same for the 250 people expected for lunch Monday.

"Obviously it's horrific and horrible and we hope that the person is caught and brought to justice," he told Metro. "But whatever the reason it's happening we just hope that people are safe and they're taking the necessary precautions not to put themselves in harm's way."

MILITARY

Jonathan Vance named Canada's next defence chief

On July 3, 2009 the Canadian military came within a heartbeat of losing its future leader.

That was the day a powerful Taliban roadside bomb detonated beneath the light armoured vehicle behind the one carrying then-Brig.-Gen. Jonathan Vance.

Vance was standing in the rear air sentry hatch and saw, as the debris and dust cleared, the lifeless body of a member of his personal detail, Cpl. Nick Bulger, in the other vehicle.

It was a touchstone event for Vance, now a lieutenant-general, who was formally named on Monday by Prime Minister Stephen Harper as the country's next top military commander.

He rarely speaks about the event, but sat down with The Canadian Press for an in-depth profile interview in 2011.

"The toughest moment (of the war) was holding Nick Bulger dead in my arms after the IED strike," said Vance.

In the Balkans as a young officer and peacekeeper, he oversaw the grisly exchange of bodies between warring factions and the removal of mines from churches and holy sites.

Not only does Vance understand the business of war on a gut level, but he knows the cost in terms of destruction and lives, said retired major-general Lewis MacKenzie.

"I am feeling old because I worked for Jon Vance's dad," said MacKenzie, referring to retired lieutenant-general Jack Vance, who served as vice chief of defence staff in the 1980s and passed away in 2013.

"Be yourself, is what he told me," Vance said of his father. "He had all sorts of other sayings, family sayings, but the one that I've applied to my military life and throughout my life is: Be yourself, which I took as don't be contrived; don't put on airs. And he always taught me to have the courage of my convictions, as long as they were thought through."

THE CANADIAN PRESS

BACKGROUND

Later this year Vance will replace the soon-to-retire Gen. Tom Lawson NDP defence critic Jack Harris said he's concerned about the amount of time that will pass before there is a change of command.

RELIEF

Help on the ground

The desperate effort to save lives in earthquake-ravaged Nepal intensified Monday as aid flights arrived carrying emergency medical teams, search-and-rescue equipment and tarps for shelter.

Governments, charities and development agencies also announced broader plans for further help to arrive in the coming days and weeks.

Priority at the damaged international airport in the Nepalese capital, Kathmandu, was given to aid flights carrying either doctors or search teams, said Capt. Chezki, an Israeli air force pilot who landed an early aid flight and then returned to Israel. He could only be identified by his first name according to Israeli military guidelines.

Chezki told The Associated Press that not every flight that wants to land can do so because of conditions at the airfield.

"It's a challenge," he said. "A lot of the airport was damaged." He said his squadron dropped off boxes with aid as quickly as possible and set up camp to help the injured before returning to Israel with some injured people who were medically cleared for travel.

Aid experts said disruptions at the airport are likely to continue, slowing the arrival and distribution of vitally needed supplies.

$15M

The UN is releasing $15 million from its central emergency response fund to help victims.

Kipp Branch, senior medical supply officer for the MAP International charity, said the group is putting together an extensive medical supply shipment that will only be sent once it has clearance to land and distribute emergency health supplies intended to support 10,000 people for three months.

"The challenge now is getting the airport up and running," he said from Brunswick, in the U.S. state of Georgia, where he is organizing the shipment that will likely be sent from the Netherlands via a commercial cargo flight. Branch said the huge amount of aid being sent means the airport will be challenged to accommodate all of the flights.

United Nations spokesman Farhan Haq said the UN is releasing $15 million from its central emergency response fund to help victims. But Haq also acknowledged problems getting relief supplies into the country and the pressure on the airport.

THE ASSOCIATED PRESS

Nepalese people affected by the recent earthquake line up to receive food on Monday, in Kathmandu, Nepal. A strong earthquake shook Nepal's capital and the densely populated Kathmandu valley on Saturday, devastating the region. MANISH SWARUP/THE ASSOCIATED PRESS

Villages ask for aid as quake death toll rises

NEPAL

Saturday's tremor was magnitude-7.8

As the death toll from Nepal's devastating earthquake climbed past 4,000, aid workers and officials in remote, shattered villages near the epicentre pleaded Monday for food, shelter and medicine.

Help poured in after Saturday's magnitude-7.8 quake, with countries large and small sending medical and rescue teams, aircraft and basic supplies. The small airport in the nation's capital, Kathmandu, was congested and chaotic, with some flights forced to turn back early in the day.

Buildings in parts of the city were reduced to rubble, and there were shortages of food, fuel, electricity and shelter. As bodies were recovered, relatives cremated the dead along the Bagmati River, and at least a dozen pyres burned late into the night.

Conditions were far worse in the countryside, with rescue workers still struggling to reach mountain villages two days after the earthquake.

Some roads and trails to the Gorkha district, where the quake was centred, were blocked by landslides — but also by traffic jams that regularly clog the route north of Kathmandu.

"There are people who are not getting food and shelter. I've had reports of villages where 70 per cent of the houses have been destroyed," said Udav Prashad Timalsina, the top official for the Gorkha region.

World Vision aid worker Matt Darvas arrived in the district in the afternoon and said almost no assistance had reached there ahead of him. Newer concrete buildings were intact, Darvas said, but some villages were reported to be devastated.

He cited a "disturbing" report from the village of Singla, where up to 75 per cent of the buildings may have collapsed and there has been no contact since Saturday night.

In the villages that have been reached, World Vision said the greatest needs were for search-and-rescue teams, food, blankets, tarps and medical treatment.

Timalsina said 223 people had been confirmed dead in Gorkha district, but he presumed "the number would go up because there are thousands who are injured."

He said his district had not received enough help from the central government, but Jagdish Pokhrel, a clearly exhausted army spokesman, said nearly the entire 100,000-soldier army was involved in rescue operations.

"We have 90 per cent of the army out there working on search and rescue," Pokhrel said. "We are focusing our efforts on that, on saving lives."

Nepal's Home Ministry said the country's death toll had risen to 4,010. Another 61 were killed in neighbouring India, and China's official Xinhua News Agency reported 25 dead in Tibet. At least 18 of the dead were killed at Mount Everest as the quake unleashed an avalanche that buried part of the base camp packed with foreign climbers preparing to make their summit attempts.

At least 7,180 people were injured in the quake, police said. Tens of thousands are estimated to be left homeless.

THE ASSOCIATED PRESS

DAMAGE

Locals use selfies to capture loss of landmark

A man takes a selfie on Monday at the historic Dharahara Tower, a city landmark, that was damaged in Saturday's earthquake in Kathmandu, Nepal. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Social media is a chronicle of life, and sometimes death. So it should be no surprise that a site of great human and cultural loss in Nepal's devastating earthquake is now barraged with the clicking of smartphones.

Near Kathmandu's famed Dharahara Tower, a historic nine-storey structure reduced to an enormous pile of red brick dust, dozens of people clambered around the debris clicking selfies and photos of their friends posing in front of the wreckage.

The tower, built by Nepal's royal rulers in the 1800s, was one of the country's most treasured monuments, and was photographed far more than other buildings destroyed by Saturday's quake.

It is unclear how many people were killed in the tower, but it was believed to have been filled with tourists.

Pawan Thapa, a 21-year-old business student who arrived from the suburbs to try to help with the recovery effort, was dismayed by the scene. Some of those taking pictures were smiling for the camera.

"This is earthquake tourism. This is not right," he said. "They are more interested in clicking their selfies than understanding that it is a tragedy."

Most of those taking pictures, however, did not appear to be tourists but locals capturing the devastation of their community, and the loss of a landmark that had helped define it. THE ASSOCIATED PRESS

Tidal 'doing just fine,' Jay-Z tells critics in Twitter rant

STREAMING SERVICE

Rapper's tweet tsunami latest effort to set record straight

Jay-Z unleashed a series of tweets on Sunday defending Tidal, the music streaming service he bought and relaunched a little over a month ago.

Tidal, a Swedish-based music streaming service entered an already crowded market, with the backing of several high-profile artists, promising higher quality audio files and more money going directly to the artists.

However, since its launch, consumers do not appear to have embraced the service and last week, the app fell out of the list of top 750 Apps on the iOS app store, after peaking at 83 on April 7.

In response to the negative publicity, Jay-Z unleashed a 15-missive tweet-storm Sunday, attempting to set the record straight against the "many big companies that are spending millions on a smear campaign."

Among the highlights:

Jay-Z, seen with rapper Sean Combs at the 2015 NBA All-Star Game in New York City, took to Twitter to defend his music streaming service Tidal against critics. ELSA/GETTY IMAGES

> **Tidal is doing just fine. We have over 770,000 subs. We have been in business less than one month.**
> Jay Z in a tweet on Sunday

"Tidal is doing just fine. We have over 770,000 subs. We have been in business less than one month."

"Tidal pays 75% royalty rate to ALL artists, writers and producers — not just the founding members on stage."

But there still is a long way to go. Tidal's 770,000 subscribers are relatively small compared to the current market leader, Spotify, which as of January had 15 million paying subscribers and 60 million users.

Jay-Z's final tweet pointed to an exclusive concert by Jack White on the service. That might be the path to success, or at least differentiation, for the service. So far, Tidal's exclusives have not seemed impressive, or enough to galvanize consumer interest. Part of the issue is that because of the number of existing record label deals with artists, it's hard to get truly exclusive content.

The other is the issue of timing. Unlike streaming video, where there is a dogfight to create or lock up exclusive content for rival services — which can easily be seen in Canada as Netflix, Shomi and Crave all issuing press releases when they sign a deal for new series of exclusives with networks — music streaming is already commoditized and many of the rival services all have huge libraries with much of the same content.

TORSTAR NEWS SERVICE

REACTION

Apple reportedly taking pre-emptive action

While the Tidal service definitely faces an uphill struggle, there may be some truth to the allegations about the competition. The New York Post's gossip site Page Six reported last week that Apple executives have "declared war on artists who sign up with Tidal" and that the company may be taking longer to publish updates to Tidal in a pre-emptive move to help its relaunch of Beats Music, which is scheduled for June.

RETAIL

Cash registers now data hubs

A glitch that disabled registers at thousands of Starbucks stores Friday was a reminder of the invisible systems restaurants rely on to run increasingly sophisticated operations.

Registers that once merely rang up tabs and stored cash have evolved into hubs that can collect enormous volumes of data and carry out many tasks.

They process credit cards, send orders to computer screens in kitchens and help run loyalty programs. In the industry, they're called point-of-sale, or POS, systems, and vary greatly in what they can do.

The register malfunction that forced Starbucks to close stores last week was surprisingly large; it affected all company-owned stores in the U.S. and Canada, or more than 60 per cent of roughly 13,500 locations. Starbucks said the outage was the result of an "internal failure during a daily system refresh," and declined to provide further details.

> **Data is the holy grail of retail.**
> Craig Bahner

Regardless of the shutdown's cause, modern-day registers have become an essential tool for restaurants.

The transactions recorded through registers can give companies insight on everything from how many chicken wings were sold in a particular week to whether a new iced coffee is faring well in warmer regions of the country.

"Data is the holy grail of retail," said Craig Bahner, former chief marketing officer for Wendy's. "We always thought of the POS system as a tool to be able to get to know your customer."

Bahner noted that loyalty programs can provide another level of data by connecting purchases to specific individuals. That allows companies to better tailor promotions and offers.

Beyond helping companies understand customer tastes, sales data can help chains run tighter ships. It can let managers better predict how many beef patties they'll need in the coming week, or plan how many workers they'll need to schedule.

THE ASSOCIATED PRESS

FAST FOOD

Chipotle claims it's now 'G-M-Over It'

Chipotle says it has completed phasing out genetically modified ingredients from its food, making it the first national fast-food chain to do so.

The Denver-based chain had already been using mostly non-GMO ingredients, but was working on making final changes to its tortillas.

The Food and Drug Administration maintains that GMOs are safe, and most of the country's corn and soybean crops are genetically modified to have certain traits like resistance to herbicides and plant diseases.

In recent years, however, activists have been calling for regulations that require label+ling for foods that contain genetically modified ingredients. Many companies have responded to such concerns; Whole Foods has said all products in its stores that contain genetically modified ingredients will be labeled as such by 2018.

Chipotle co-CEO Steve Ells has said in the past that the company felt it was best not to use GMOs given the "lack of consensus" about their effects.

On its website Monday, Chipotle said it was "G-M-Over It."

Chipotle Mexican Grill, which has around 1,800 locations, has enjoyed strong sales growth in part by playing up the quality of its ingredients and defining itself as a more wholesome alternative to traditional fast-food chains.

THE ASSOCIATED PRESS

RETAIL

Nunavut split on beer sale

Nunavut politicians are once again facing the emotional issue of whether to open the territory's first retail store to buy alcohol.

Residents of Iqaluit strongly favoured a beer and wine store in a vote last week. But many remain deeply opposed to it, fearing further booze-fuelled social problems in a community that already has plenty of them. Supporters say easier access to beer and wine would fight bootlegging and wean some drinkers off more powerful hard liquor.

Nunavut has Canada's most restrictive liquor laws, with many communities banning alcohol entirely.

The decision to allow a beer and wine store in Iqaluit now rests with the territorial cabinet. THE CANADIAN PRESS

Spokeo case in top court

The U.S. Supreme Court said it will decide whether websites and other firms that collect personal data can be sued for publishing inaccurate information even if the mistakes don't cause any actual harm.

The case is being watched closely by Google, Facebook and other Internet companies concerned that class-action lawsuits under the Fair Credit Reporting Act could expose them to billions in damages.

The justices will hear an appeal from Spokeo.com, an Internet search engine that compiles publicly available data on people and lets subscribers view the information, including address, age, marital status and economic health.

Thomas Robins, a Virginia resident, sued Spokeo after viewing a profile on himself that was riddled with errors.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, Apr 15

the big number

500:1

Those are the odds, as of press time, for a new royal baby named Daenerys, a.k.a. Khaleesi, Mother of Dragons and rightful heir to the Seven Kingdoms. A safer bet for what Kate and William will call the new princess or prince — according to top U.K. bookie Ladbrokes — is Alice (5:4) or Arthur (12:1). Today as the birthday also has good odds (3:1). But if you're really a gambling hound dog set on heartbreak, go ahead and bet on the name Elvis — the odds are a blue-moon 1,000:1.

Long-planned bike lane suddenly tossed aside

YOUR RIDE
Kathryn Hunt

Cyclists have been looking forward to the proposed O'Connor Street Bikeway. Hopefully, it will provide an alternative to Bank Street, which can be busy and dangerous. The bikeway will run from the Glebe to downtown and provide a protected bike route from east to west, similar in design and scope to the north-south Laurier bike lane.

Or at least that was the plan until April 21, when the city announced that the stretch of the bikeway in the Glebe, between Strathcona and Glebe Avenue, would no longer be considered for segregated lanes. The lanes would instead be "shared" — which is essentially what happens now.

The announcement came as a surprise to cycling advocates, since the bikeway had been a part of the Transportation Master Plan for several years.

Citizens for Safe Cycling vice-president Alex de Vries said he was "highly disappointed" — not so much with the loss of the segregated lane (because that section of O'Connor isn't very busy or dangerous), but with how fast the city backtracked on plans they'd already spent a lot of time and energy putting together.

He added that although the plans had been in the works for years, there hadn't been any vocal opposition to the lane before this. According to the city's website, the main reason for the change was "acknowledgement of the low-speed, low-traffic-volume residential nature of this two-way street" and the need for parking in the area.

The stretch of O'Connor that will stay as shared lanes is a mostly residential, quiet street. Another local cyclist told me he'd just ridden down that section to see what it was like and for much of it there's very little on-street parking anyway.

Cyclists are disappointed with how fast the city backtracked on bikeway that had been in Master Plan for years.

A segregated lane would also benefit pedestrians using the sidewalk: as it is, the sidewalks are narrow and a bike lane would provide a buffer between car traffic and people on foot, making the whole street more pleasant. Even a slowing in traffic caused by the reduced lane width shouldn't make much difference, as car traffic on that street is predominantly local.

True, O'Connor (in the Glebe at least) isn't the most dangerous street in Ottawa. But it was a street designated for a segregated lane in the Transportation Master Plan.

And, according to some cycling advocates, the city's quick turnaround based on recent complaints signals a lack of will on city council to fully support bike infrastructure: at the first objection, they seem quick to backpedal.

Kathryn Hunt @k8thek8 is a writer, editor of Centretown BUZZ, storyteller, poet, cycling blogger, rock climber, mysterious techno vixen (confirmed) and geek. Not necessarily in that order. You can read her cycling blog at theincidentalcyclist.blogspot.ca.

ROSEMARY WESTWOOD

metroview

"B.C. is not prepared for an earthquake"

My mum can't remember what's packed into the two large garbage bins waiting by the woodpile for the big one to hit B.C. My dad was the mastermind behind the earthquake kits — the contents of which could furnish an art installation on preparedness and its quaintness. Sleeping bags. Tent. Canned food. Can opener. Shoes. Radio. Medical kit.

When the big one hits — scientist say a mega earthquake and tsunami off the West Coast are inevitable — my parents will be ready to survive, if they survive.

There are two ways to see an earthquake like the one that hit Nepal Saturday, killing 4,000 and counting.

On one hand, there's the destruction that no government can fully prevent, and no Victoria, B.C., family can escape via stocked garbage bins. On the other hand, there's the hindsight that tells us more should have been done to shore up unstable buildings and save lives.

In between is apathy.

A report released last month chides the B.C. government for not addressing earthquake apathy in both the public and inside government, and for prioritizing short-term needs over preparedness. The government has "hamstrung" Emergency Management B.C. with budget cuts, charged Henry Renteria, author of the report, earthquake survivor and former emergency-preparedness director in California.

He found little had changed since the provincial auditor general last year determined B.C. is "not adequately prepared for a catastrophic earthquake."

The government has spent millions on seismic upgrades to bridges and has promised at least $2.2 billion for schools. But Renteria's report calls for more, including increased funding and power to Emergency Management B.C. and co-ordination between the province, businesses and government.

"You can bet those scenes of destruction can happen here," he said, referring to Nepal. Every city on this continent is vulnerable to a moderate earthquake. "Bridges, electrical systems, water delivery systems."

Accepting that more must be done, the government then put the onus on individuals, urging people to spend $5 to $20 on their own earthquake kits. My parent's garbage bins ("unique in the neighbourhood," my mum admits) cost more. But the news from Nepal didn't cause him anxiety, nor does a recent study suggesting a one in 10 chance the next 50 years will bring a tsunami ripping over Vancouver Island. My parents are ready to jump out of bed and roll the garbage bins to higher ground.

"We've done what I think is reasonable," Dad said. Everything else "is beyond our control."

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No longer with Nick, Mariah Carey unveils croony breakup ballad, Infinity

Writers protest Hebdo award

CONTROVERSY

PEN's freedom of expression prize divides literary world

Charlie Hebdo, a satirical magazine seen here supported by a graffiti artist in Rennes, France, is the controversial recipient of a Freedom of Expression Courage Award at the PEN American Center gala next month. DAMIEN MEYER/AFP/GETTY IMAGES

Canadian author Michael Ondaatje is among a group of at least six writers who have withdrawn from next month's PEN American Center gala, citing objections to the literary and human rights organization's honouring the French satirical magazine Charlie Hebdo.

PEN announced Sunday that the writers were upset by Charlie Hebdo's portrayals of Muslims and "the disenfranchised generally."

The Paris-based magazine, where 12 people were killed in a January attack at its offices, is to receive a Freedom of Expression Courage Award at the May 5 event in Manhattan. Much of the literary community rallied behind Charlie Hebdo after the shootings, but some have expressed unhappiness with its scathing cartoons of the Prophet Muhammad and other Muslims.

Francine Prose, a former PEN American president, has also withdrawn.

"I was quite upset as soon as I heard about (the award)," Prose said during a telephone interview Sunday night. Prose said she was in favour of "freedom of speech without limitations" and that she "deplored" the January shootings, but added that giving an award signified "admiration and respect" for the honouree's work.

"I couldn't imagine being in the audience when they have a standing ovation for Charlie Hebdo," Prose said.

The gala is the highlight of PEN's annual, week-long World Voices Festival and is intended as a celebration of artistic achievement and expression, with past award winners including Ondaatje, Salman Rushdie and Philip Roth. Besides Charlie Hebdo, which will be represented by editor in chief Gerard Biard and critic and essayist Jean-Baptiste Thoret, others receiving awards include playwright Tom Stoppard, Azerbaijani journalist Khadija Ismayilova and Penguin Random House CEO Markus Dohle.

Prose and Ondaatje were among more than 60 writers scheduled to serve as hosts. According to PEN, the other hosts who decided not to attend were Teju Cole, Rachel Kushner, Taiye Selasi and Peter Carey.

Ondaatje declined an interview request on Monday.

In a letter sent earlier Sunday to PEN trustees, current PEN American president Andrew Solomon acknowledged that several people were offended by some of Charlie Hebdo's cartoons, but added that PEN believed strongly in the "appropriateness" of the award.

"It is undoubtedly true that in addition to provoking violent threats from extremists, the Hebdo cartoons offended some other Muslims, as their cartoons offended members of the many other groups they targeted," Solomon wrote.

"But, based on their own statements, we believe that Charlie Hebdo's intent was not to ostracize or insult Muslims, but rather to reject forcefully the efforts of a small minority to place broad categories of speech off limits, no matter the purpose, intent or import of the expression," he said.

"We do not believe that any of us must endorse the contents of Charlie Hebdo's cartoons in order to affirm the principles for which they stand, or applaud the staff's bravery in holding fast to those values in the face of life and death threats."

THE ASSOCIATED PRESS

Michael Ondaatje is one of the writers protesting the award. GETTY IMAGES

IN DEFENCE

Rushdie supports PEN

Salman Rushdie defends the award, saying the decision of six writers to skip the PEN gala in protest will encourage intimidation. "The Charlie Hebdo artists were executed in cold blood for drawing satirical cartoons, which is an entirely legitimate activity. It is quite right that PEN should honour their sacrifice and condemn their murder," Rushdie wrote.

ANALYSIS

Prince of grunge was fuelled by shame

SOUND CHECK

Alan Cross

"Shame. That's what made Kurt into who he was."

I was on the phone with a writer friend from Los Angeles discussing the new documentary Kurt Cobain: Montage of Heck.

"He suffered from imposter syndrome, afraid that someone would call him out for being a fake. That came into conflict with the knowledge that he did have talent. And partly because he came from a broken home where his strong mother constantly berated his father — which explains why he was attracted to Courtney — he was never able to resolve this inner battle, even as he was being anointed the voice of a generation. Hence the shame."

This is one of the many conclusions that might be drawn from the film's two-and-a-quarter hours, which attempts to humanize the complicated Cobain from his birth to just before he took his own life in April 1994.

When Courtney Love first approached Brett Morgen to create a documentary about her late husband in 2007, he thought it would take 18 months. After all, he had previously tackled difficult celebrity topics with The Kid Stays in the Picture, the story of Hollywood film producer Robert Evans. No such luck.

Delays were caused by Courtney's various legal black holes — the lawsuits, the financial issues and the turmoil between her and daughter Frances Bean, important because she eventually served as Montage's executive producer. She was vital in securing the cooperation of the rest of Kurt's family. And then there was the storage locker. After Kurt died, Courtney heaved all his stuff into storage to prevent it from being picked over by "friends" who seemed hell-bent on stealing as much as they could. Nothing was organized or catalogued; no one knew what was in that locker. And because Kurt was such a pack rat — anyone want to psychoanalyze that? — there was a lot of stuff to go through before any kind of narrative could be sculpted. The one that emerged is much different than expected: Beyond the expected misery, Kurt was a warm, fun guy.

Montage gets especially eerie in the sections where Morgen uses Kurt's own voice. It seems like he's narrating his life story from beyond the grave.

Kurt was a complex character. And while we'll never really know who Kurt Cobain was, Montage of Heck is probably the closest anyone will ever get.

A young Kurt Cobain in happier days. CONTRIBUTED

PUNK DUO

Girlpool dives into themes of growing up

Introspective punk duo Girlpool has attracted a following of critics and fans who are drawn to their candid, heartfelt lyrics and stripped-down sound. They've just announced a debut LP and have a series of live shows planned to mark its release.

Born and raised
Girlpool is Philadelphia-based Cleo Tucker (guitar) and Harmony Tividad (bass), who were born and raised in Los Angeles and moved to Philly in 2014 after releasing their self-titled EP. The duo's raw sound, consisting of harmonized vocals set over their guitar and bass instrumentation, is spotlighted on their upcoming debut LP, Before the World Was Big, due out June 1.

Why the buzz?
Girlpool has won over critics with powerful and often vulnerable lyrics delivered in a punk-inspired style with minimal accompaniment.

In a review of the LP's title track, Pitchfork writes, "On songs about gender, sexuality, and the fraught process of going to rock shows alone, the duo has constantly grappled with themes and subjects that demonstrate the unique anxieties of growing up in the 21st century."

Find it online
Over on SoundCloud you can hear the title track from Girlpool's upcoming LP. On YouTube you'll find an official video for earlier track Plants and Worms as well as the tour documentary Girlpool: Things Are OK. Before the World Was Big is available for pre-order via Wichita Recordings.

Canadian tour dates
Girlpool has a few Canadian dates in May, followed by more U.S. shows and a gig at Eagle Rock in Los Angeles to mark the LP release. They will play Vancouver's Biltmore Cabaret on May 2, Toronto's The Garrison on May 10 and Bar le Ritz PDB in Montreal on May 11. AFP

Girlpool has won over critics with its debut LP. ALICE BAXLEY/AFP

WHAT'S HOT, ACCORDING TO GOOGLE

Google analysis shows what's hot and not
Tulle skirts are in. Jogger pants are hot. But high-waisted shorts? You don't want to go there.

In its first fashion trends report, Google analyzed billions of searches dating back to 2009 to provide a detailed analysis of what's hot and what's not. Queries for tulle skirts jumped 34 per cent between January 2014 and 2015, according to the report.

"Originating on the West Coast, the tulle skirt trend is making its way across the U.S., according to Google searches," said a blog post released Sunday on the report by Google brand strategist Yarden Horwitz and fashion data scientist Olivier Zimmer. "Consumers are seeking this skirt in all colours of the rainbow (and even in rainbow), but the most popular colours are the classics: black and white."

Google, by crunching the numbers on fashion searches and correlating them with location, offers insights into how the trends have been moving.

Jogger pants showed "mass appeal" across gender and age, with overall searches rising 165 per cent in the year to 2014.

But high-waisted shorts were on the downswing, off 42 per cent in Google searches through 2014, the report found. AFP

Salma Hayek, seen here in London in March, has brought Kahlil Gibran's novel The Prophet to the big screen. TIM WHITBY/GETTY IMAGES

Prophet adaptation personal for Hayek

PAGE TO SCREEN

Actress visits ancestral Lebanon to promote film

Hollywood star Salma Hayek, in her ancestral homeland Lebanon for the first time, launched the global premiere of her animated adaptation of Kahlil Gibran's celebrated novel The Prophet on Monday.

The Mexican actress and director described the movie version of the Lebanese author's spiritually uplifting book as a "love letter to my heritage."

She said the adaptation, which features an all-star cast, was a "personal film" because her Lebanese grandfather loved The Prophet.

"Through this book, I got to know my grandfather. Through this book, I had my grandfather teaching me about life," said the star, who has been in Lebanon since Friday.

The Prophet, now in its 163rd edition, is widely considered the second-most-read book in the world, after the Bible.

The movie adaptation, being screened in Beirut on Monday evening, features the voices of Hayek, along with actors Liam Neeson, Alfred Molina and Frank Langella.

A collection of poems and prose, originally written in English, The Prophet has been translated into more than 40 languages since its first publication in 1923.

> **Through this book, I had my grandfather teaching me about life.**
> Salma Hayek, whose Lebanese grandfather loved The Prophet

It tells the story of Almustafa, who before returning to his homeland, speaks to residents of the city of Orphalese about different aspects of life — love, work, children, friendship and death.

The movie is entirely animated, with dream-like fantasy sequences as Almustafa — called simply Mustafa in the film — shares his wisdom before being expelled by authorities because of his poetry.

Divided into 26 chapters, verses from The Prophet are often quoted at births, weddings and funerals around the world.

"Your children are not your children, they come through you but not from you," one popular line reads.

"When love beckons to you, follow him, though his ways are hard and steep," reads another, a regular at weddings. AFP

FORMER Q RADIO HOST

Jian Ghomeshi saga being turned into book

A book on disgraced former radio star Jian Ghomeshi, written by Toronto Star investigative reporter Kevin Donovan, is slated for release in late June.

Kobo and ECW Press say they've partnered to co-publish Jian Ghomeshi — Secret Life.

Kobo says the book will reveal details and background about Ghomeshi and explore how he came to be fired as host of CBC Radio's Q.

Ghomeshi is charged with seven counts of sexual assault and one of overcoming resistance by choking, but his lawyer has said he will plead not guilty to all charges.

Kobo and ECW Press say Donovan, who has covered the story for the Star, has interviewed a number of women and former colleagues from Ghomeshi's past.

Kobo will offer the book digitally while ECW Press will put out the print version to the North American marketplace.

Kobo vice-president Pieter Swinkels says the book is "a thought-provoking story that forces us to look again at social, cultural and gender roles." THE CANADIAN PRESS

A book on Jian Ghomeshi, pictured, is being written by reporter Kevin Donovan. DARREN CALABRESE/THE CANADIAN PRESS

Performative parenting is truly the pits

It can be difficult to raise pre-adolescent humans, but good manners and common sense is all you need. ISTOCK

MANNERS

No one wants to hear you TALK LIKE THIS to your kids at dinner

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen,

When I'm out with friends for dinner and drinks, we hate to find ourselves next to a table with unruly children. But even worse is listening to parents loudly discipline them. Kids will be kids, I get that. But, why do parents feel a need to prove how good they are at parenting? If they were that good, maybe the kids wouldn't act up in the first place.

Victor, Calgary

Dear Victor,
First of all, kudos for not blaming the children, who by definition are noisy, smelly, obnoxious and unbearable to be around much of the time.

But who among us has not shrieked, vomited, thrown food or lost control of our bodily functions in public before the age of two — or, indeed, even after the age of two when certain college events or intense personal relationships got out of hand.

As for blaming the parents, I'm with you all the way. These narcissistic, ill-bred boors are practising a style of "performative parenting" popularized by boomers in the late 20th century, now being practised by their procreating Gen X spawn. It consists of TALKING TO YOUR CHILDREN IN A LOUD, CLEAR VOICE at all times — at the supermarket, in nice restaurants, on airplanes — in order to meet the performative parent's own bottomless need for constant attention from the rest of us.

They possibly think we find them witty and fascinating as they archly tell little Attila or Grendela that "Mommy can't give you any of the nice artisanal bread, darling, because the gluten might upset your stomach enzymes," at which point their co-parent might chime in to add — with a wink at his or her mate — "But seeing as it's Mommy's turn for diaper-changing tonight, maybe a little cracker won't hurt."

Hilarious. Except the poor kid doesn't get the joke.

All the little blob is learning (unless Attila or Grendela is a genius who understands organic chemistry, in which case I'll eat my hat, some crow and all the bread) is that it's OK to foist your lame-ass conversation on paying customers around you when you go out to dine in any establishment that is not a fast-food circus.

I hasten to add that I know how difficult it is to raise pre-adolescent humans, but good manners and common sense is all you need.

All you need to do is treat them the way a zookeeper treats a non-housebroken, slightly crazed wombat: Feed and water them, shower them with love and attention, keep them penned up until it's absolutely necessary to inflict them on society.

And then train them to behave quietly and discreetly in restaurants and other public places by setting a proper example yourself.

Need advice? Email Ellen at scene@metronews.ca

IN BRIEF

Mom kills thrill for teens taking risk: Study

Adolescent brains negotiate risk differently than those of adults and a new study exposes what modulates their risk tolerance as they drive.

Working with teen participants accompanied by their mothers, the research team tracked blood flow in their brains as they completed a simulated driving task.

In one experiment, teens drove alone and in the other, their mothers were watching.

When driving alone, teens find risky decisions rewarding, the research revealed, but a mother's presence can nullify that thrill.

Upon running a yellow light, blood flow increased to the reward centre of the brain, called the ventral stratum, when the teen drove alone. This part of the brain has been demonstrated to be more sensitive to rewards during adolescence than any other part of life, but with mom watching, the effect was minimal.

"The prevailing view is that this peak in reward sensitivity in adolescence underlies, in part, adolescent risk-taking," says lead author Eva Telzer. "The teens go from about 55 percent risky choices to about 45 percent when their mom is watching.

In the presence of their mothers, the teens' prefrontal cortex activated when they hit the brakes, yet this did not happen when they hit the brakes while driving alone, say the researchers. This part of the brain is associated with cognitive control, and it's important in the art of regulating behavior, says Telzer. AFP

FAMILY LAW

Pink concert OK for preteens, judge rules

A mom's decision to take her 11-year-old daughter to a Pink concert has a judge saying, "So what?"

The New Jersey judge says the concert trip isn't evidence of bad parenting.

NJ.com reports the girl's parents are divorced, and her father accused his ex-wife of abusing her parental discretion by taking their daughter to the December 2013 concert at the Prudential Center in Newark.

But state Superior Court Judge Lawrence Jones rejected the complaint in a 37-page decision that contained a brief history of rock 'n' roll and a commentary on the increasing use of judges as referees for warring divorced parents.

Jones said Pink may have some suggestive moves and lyrics, but she's an artist whose works aren't necessarily inappropriate for preteens.

Jones noted in his decision that he spoke privately with the girl, who is now 12, and took into consideration the mother's reasoning for allowing her daughter to attend the show.

He found that the mother "in no way, shape or form exceeded the boundaries of reasonable parental judgment" in taking the girl to the show during her own parenting time. He also found that she didn't subject the child to any unreasonable risk of harm, or compromise the girl's health, safety or welfare.

"To the contrary, when all the smoke from the custody litigation clears, it will be self-evident that all which happened here is that a young girl went to her first rock concert with her mother and had a really great time," the judge wrote in his decision, which quoted the lyrics from Pink's songs The Great Escape and Perfect as examples of messages for adolescents.

THE ASSOCIATED PRESS

Pink isn't necessarily inappropriate for preteens, a U.S. judge has ruled. GETTY IMAGES

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HEALTH & WELLNESS

SHUTTERSTOCK

Ease into your exercise routines

Many Canadians become weekend warriors when temperatures begin to climb into the teens. But for Hal Johnson, a Canadian fitness guru known for BodyBreak, weekend warriors could be fighting a losing battle.

"I play on two over-35 hockey teams," Johnson says. "This past February, a 52-year-old player dropped dead in the shower — he was a former AHL hockey player.

"We put the paddles on him and he's living today. But he was (clinically) dead, and that happens every year."

The weekend warrior phenomenon — where people are inactive, then suddenly engage in an activity that they aren't used to — is part and parcel of our long Canadian winters.

"It's a Canadian problem," he says. "We get in the habit of being active when the weather's good, but when the weather's bad, we stop."

Johnson recommends slowly building up your activity levels when the weather turns warmer.

"Find something you enjoy and do it on a regular basis," he says, adding that even someone as active as he and his wife, Joanne McLeod, take additional steps when starting activity beyond their norm. "When we were going on The Amazing Race, we hired a personal trainer and worked for six weeks. He put us in positions and used muscles we wouldn't normally use."

Instead of being a weekend warrior, it's better to incorporate activity on a regular and sustained basis.

And perhaps reconsider those single-event, activity-based events that require non-active people to engage in intense physical activity.

"Take your money and just give it to the charity instead," he said. "Or take half of it, give it to the charity, then take the other half and go to a gym." *– Jay Menard*

NEW LOOK, SAME GREAT SERVICE

HAIR JUNKIE EXPANDS SOCIAL MEDIA PRESENCE

A number of recent changes demonstrate Hair Junkie's determination to be the city's best salon. Along with a fresh logo, Hair Junkie also expanded its presence on social media channels, becoming more active on Facebook, Twitter, Pinterest and Instagram with special promos, sales and more.

The salon also has a new look — a larger and brighter space with more room for the products clients ask for. There is a new and improved Hair Junkie website, where you can book appointments and access information about the most recent services and products — including Olaplex, the conditioning system that has taken the hair industry by storm. Visit the site regularly to learn about sales, promotions and special events, such as the upcoming charity cut-a-thon.

Hair Junkie owner Fady Assaad. CONTRIBUTED

The Hair Junkie team has also been busy, updating its skills at seminars in Las Vegas and Mexico, and completing colour and cutting courses in Ottawa. Hair Junkie remains committed to the Green Circle Salon program — the salon recycles not only every product it uses, but also your cut hair.

For more, visit hairjunkie.ca.

OttawaFootPractice can help align your feet

If you have been battling chronic back, hip, knee, ankle or foot pain, have flat feet or fallen arches or suffer from plantar fasciitis, you could have misaligned feet, a problem that causes a wide variety of aches and pains from the toes up to the neck.

The root cause of those conditions lies in the rear foot, in the unstable and misaligned joints between the ankle and heel bones.

For those seeking a long-term solution to misaligned feet, there is a medical procedure available — HyProCure — offered in Ottawa in the world-class, state-of-the-art facilities of OttawaFootPractice where Pierre Dupont, doctor of podiatric medicine, registered chiropodist, was honoured with the HyProCure Centre of Excellence certificate on April 16.

HyProCure is a medical device that may allow you to free yourself from orthotics. It is a titanium stent that is placed between the ankle and heel bones during a minimally invasive procedure that can be safely performed under local anesthetics. HyProCure instantly realigns and stabilizes the ankle bone and helps realign the feet, knees, hips and back.

Pierre Dupont, doctor of podiatric medicine. CONTRIBUTED

For more information on the HyProCure stent procedure, contact Dupont at Ottawa FootPractice at 613-595-9700 or visit ottawafootpractice.com.

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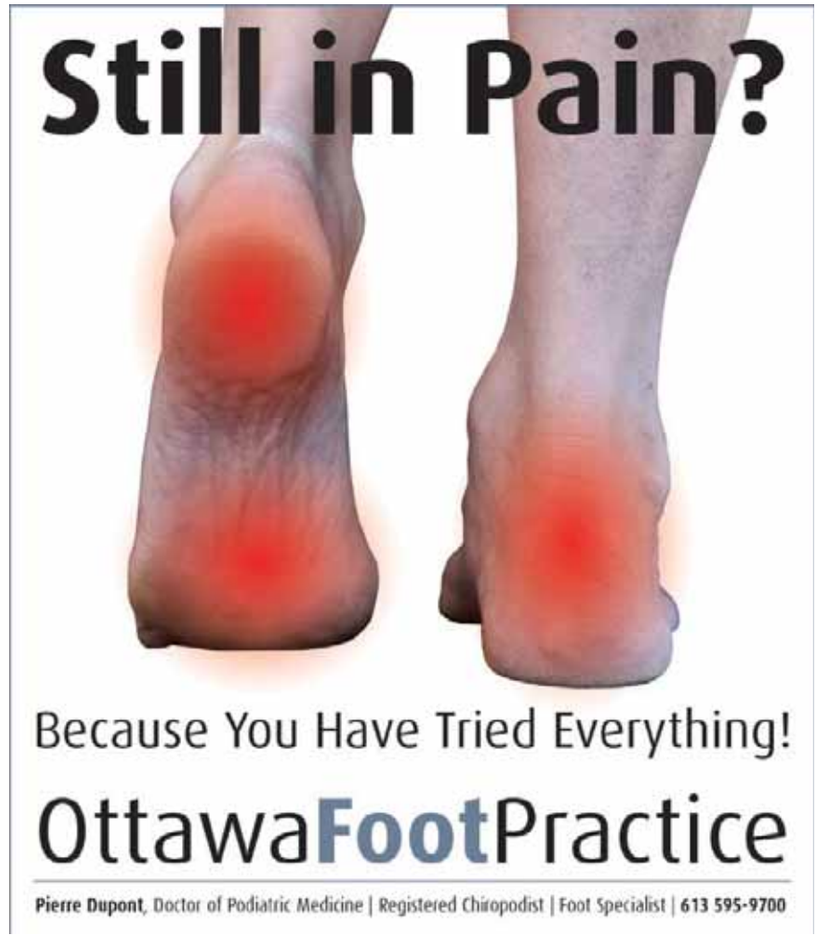
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SHUTTERSTOCK IMAGES

Trying to find the root cause of mental illness

NutriChem Compounding Pharmacy and Clinic

In light of the media coverage regarding mental health disorders amongst Canadian soldiers, it is safe to say that Canadians across the country are aware that depression is a serious issue. Health Canada estimates that 20 per cent of individuals will experience a mental illness during their lifetime, and the country will spend billions of dollars a year on mental health care.

The cause of mental illness is still unknown, but many individuals find resolution to their mental health problems by exploring the possible biochemical and genetic causes of their depression. Simple deficiencies such as iron, vitamin B12 and vitamin D can cause symptoms of fatigue and mood disturbances, as well as a low functioning thyroid or low testosterone. For women, a lack of progesterone, which is extremely common in perimenopause, can lead to insomnia, anxiety and depression. For these women, the answer might be replacement with bioidentical hormones as opposed to an antidepressant.

Biochemical causes of mental health disorders can easily be investigated through proper blood work, but finding a clinic that will take the time to do this can be challenging. Ottawa's NutriChem Compounding Pharmacy and Clinic has become a leader in biochemical and genetic testing for depression and anxiety. Its biochemistry balancing test (BCB test) explores various root causes of depression, including mineral and vitamin deficiencies, hormone imbalances and mitochondrial activity.

"The first line of treatment for depression is an antidepressant, but these can have many side-effects and be detrimental to a person's well-being" says NutriChem director of communication Kate Pollon-MacLeod. "For many individuals, finding the root cause of the mental health disorder is the only solution."

NutriChem Compounding Pharmacy and Clinic has two locations in Ottawa.

For more information, visit nutrichem.com.

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Time to restart your fitness journey

If you hibernated and indulged in comfort food all winter you may have missed the "summer bodies are made in the winter" boat. But it's never too late to restart your fitness journey, says fitness expert Stephanie Joanne.

"It's technically two months till summer and you can get a lot done in that amount of time," says Joanne, who counts Jessica Tyler of Degrassi: The Next Generation fame among her long list of clients.

But while an overabundance of quick weight loss solutions exist, Joanne cautions against falling into that trap, which will likely see you yo-yo back to your starting weight. She instead suggests setting realistic goals (no more than two pounds per week) because achieving lasting results means changing your body composition.

"It's all about ditching the mental hang-up and toughing it out through the first five to 10 workouts," she says. "You will feel more out of shape than ever. But if you can make it through the first two weeks, you're golden."

And the gym isn't your only option. Joanne says, with the right tools, home workouts can also be effective.

"Working out at home for 30 minutes with resistance bands and accessories that are as affordable as $5 is great solution," she says.

SHUTTERSTOCK

So what is the quickest, most effective and safest way to burn fat? Joanne says it's all about recruiting the largest muscles in your body, including your legs and back. Energy is calories, so movements that require you to spend the most energy (calories) are ideal. And because your muscles are metabolically active, you will burn calories long after the workout is over, which cardiovascular workouts do not offer.

Not to be forgotten is the other part of any fitness equation — nutrition. For this aspect, Joanne advises going back to the basics.

"My rules are that it has to come from the Earth or have had a mother for me to eat it — meaning wholesome fruits, veggies and lean meats," she says. "Avoid packaged foods that your body doesn't want. Once you cut out sugar, high sodium and packaged foods, they will begin to feel foreign to you if you ever reintroduce them. It's not about eating salads, it's about eating what this Earth is providing for our human machines, rather than what man has created through science."

– Izabela Szydlo

CHALLENGE YOUR ENTIRE BODY

Blasting your whole body is a great get-fit-quick approach, says fitness expert Stephanie Joanne.

She says this method involves performing movements that challenge as many systems as possible.

"A great example is to squat as close to the floor as you can and explosively jump up as high as you can, repeating this as many times as possible. This move alone recruits your largest muscles while challenging your cardiovascular system."

SHUTTERSTOCK

KEEP YOUR GUMS DISEASE FREE

Did you know that healthy gums make for happy hearts?

Whether it's our mouth or our overall health, prevention and a healthy lifestyle are key — we exercise, watch what we eat, minimize smoking and alcohol.

Is there anything else that can be done to reduce our risk factors?

Gum disease and heart disease are both inflammatory diseases.

Research shows that having gum disease may be a significant risk for increased heart disease and stroke. This risk is comparable to smoking, family history and elevated cholesterol.

How is it possible that something in our mouth can reach our heart? Bacteria in the mouth cause gum disease. This bacterium causes inflammation of the gums, penetrates the gum line and, finally, spreads into the underlying bone.

How does it get to your heart?

For those individuals with gum disease, it's thought that the simple act of brushing or chewing food can injure the gum tissue. This allows the bacteria to enter the bloodstream and travel to the heart. Keeping your gums disease free is the key.

For more information on how to have healthy gums and a healthy heart, talk to the dental health professionals at the Rideau Dental Centre at 613-230-7475.

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THIS WEEK: Are You Happy With Your Smile?

APARTMENTS

Buyers have the upper hand

SHUTTERSTOCK

If you have been waiting for spring to start searching for the perfect condominium or apartment, now is the time to make your move.

"The spring market has come out of the gate very well — there are lots of new listings coming out right now; it's very positive," says Larry Balkwill, sales associate with ReMax Metro-City Realty and one of the creators of the ottawahomesandcondos.com group.

He believes the increase in condominium developments in recent years, the generally slow real estate market and favourable mortgage rates has led to a buyer's market. And it's not just real estate investors who are likely to get a deal — renters are also enjoying the benefits of the current conditions.

"It's a very good time to be a renter; you have lots of options," Balkwill says. "The rents have dropped a bit because there is so much competition. It's not that difficult to find a really nice rental in Ottawa."

There are many desirable neighbourhoods that have condos for sale and rent, both old and new. The bigger units tend to be in older buildings, Balkwill says, but they also come with much higher condo fees than newer buildings, which usually offer less space.

But that could soon balance out.

"I believe the older condo corporations are price-correcting to where they should be, and they're going to have to resolve their condo fees because that's the negative factor to their selling," Balkwill says.

"The new ones have to be a little more creative — they have to offer something other than an 800-square-foot unit."

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WORRY-FREE RENTALS

For more than 50 years, Oxford Properties Group has led the Canadian marketplace in service and scale. Oxford is an owner, developer, investor and manager, and its portfolio in North America extends to approximately 50 million square feet of office, retail, hotel, industrial and multi-residential assets.

Oxford Residential owns and manages apartment rental communities across major cities in Nova Scotia, Quebec and throughout the Greater Toronto Area. Its goal is to provide residents with an enjoyable and worry-free rental living experience.

Les Jardins Radisson and Jacques Cartier, located in the Hull district, provide perfect homes for families, working professionals, seniors and students alike. The properties are only a 10-minute drive from downtown Ottawa, with public transit at the front door. The location is ideal for those wishing to live near all major transportation routes and neighbourhood amenities while enjoying the peace and tranquility of suburban living.

CONTRIBUTED PHOTOS

A new category of apartments in Ottawa

William's Court is the latest luxury apartment community by Lépine Apartments. With 60 years of history and more than 30 premium properties in its ground breaking portfolio, Lépine has led the way in creating a refreshing standard of living, unique in today's condo and rental market.

Lépine's laid-back luxury is designed to reflect and connect with the beauty of the nature surrounding it. As a result, William's Court captured the 2014 amenities award of excellence by The Federation of Rental-Housing Providers of Ontario.

Enjoy freedom, quality, value and plenty of room to breathe. In a class all its own, this award-winning property provides fresh new options to those who want a "condo-like" lifestyle, but are hesitant to tie up their capital in today's real estate market.

William's Court's modern on-site leasing centre is open seven days a week and showcases unique suite layouts and several leasing options. Suites range from spacious one-bedroom layouts to grand suite layouts that deliver the panache of the city's finest condos. There is truly something for everyone.

Visitors can explore 10 fully furnished model suites. These luxurious apartments are pet friendly and free from property taxes, ownership associations, condo fees and unexpected or hidden costs.

The William's Court leasing centre is open from Monday to Friday from 9 a.m. to 5 p.m., and weekends from 10 a.m. to 5 p.m. After-hours showings are available by appointment. Visit William's Court to experience the Lépine lifestyle at 1145 Maritime Way, or call 613-499-2137 for more information.

PERFECT LOCATION IN THE EAST END

LOOK NO FURTHER THAN OGILVIE TOWERS

If you are looking for a well-maintained apartment with the amenities you crave, look no further than Ogilvie Towers, a building that boasts a community of tenants who truly care about their homes.

This 12-storey highrise in Gloucester at 1396 Ogilvie Rd., is perfectly situated in the east end of the city. It offers quick and easy access to highways and is within walking distance to Blair Transit Station.

The convenience the neighbourhood offers can't be beat — within walking distance is the Canadian Security Intelligence Service (CSIS) headquarters, the Gloucester Shopping Centre, La Cite Collegiale, Park of Commerce/Blair Place, as well as a large Loblaws, Starbucks, the Silvercity movie theatres, and more.

Adjacent to Ogilvie Towers is the Cyrville Community Centre, which offers dance and music lessons, after-school care and more. Schools, parks and the St. Laurent Shopping Centre are also just minutes away.

The building features bachelor apartments as well as one- or two-bedroom units and offers a number of amenities, including a relaxing whirlpool and sauna, a well-maintained exercise room, furnished party room, and bright, fresh coin operated laundry facilities on the main floor.

All units include heating, hot water, a fridge, stove, full-sized dishwasher, wall-to-wall carpeting and ceramic tile floors in the kitchen and washrooms, a ceiling fan, a storage area and large windows.

A unique feature of this building is its well-stocked lending library, equipped with couches, tables and chairs — the perfect spot to get away with a good book or finish cramming for exams. There are also snack and drink machines on the main floor.

Additionally, Ogilvie Towers offers peace of mind as the building features secure key chip entry, a surveillance camera system and evening security foot patrols. There are also two live-in, on-call superintendents in the building for emergencies and new elevators were installed last year.

CONTRIBUTED

Rents in Ogilvie Towers are: Bachelor/alcove, $809 per month; one bedroom, $920 per month; one bedroom with balcony, $1,019 per month; two bedroom, $1,094 per month; large two bedroom with balcony, $1,189 per month.

Immediate availability. Hydro is extra (approximately $5 to $40 per month). Parking — indoor and outdoor, covered — costs extra.

For more information or to schedule a viewing, contact one of the agents at the Ogilvie Towers office at 613-745-1140 or visit bonaproperties.com.

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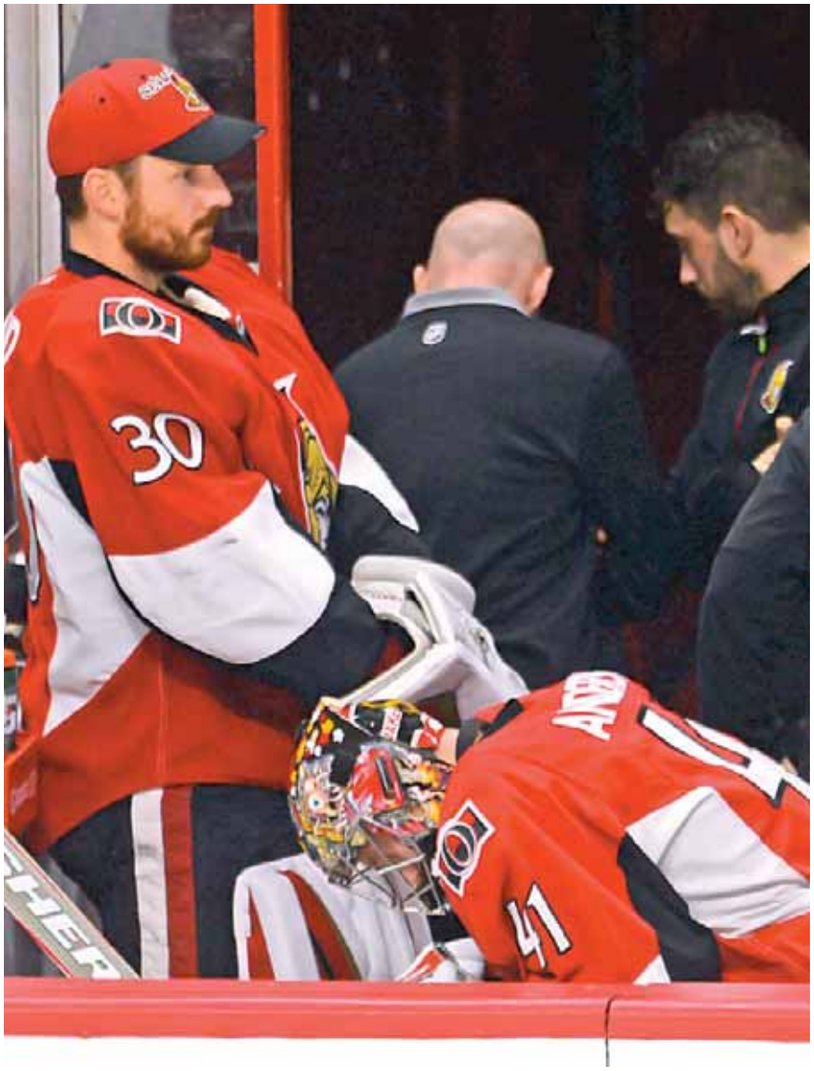
metro SPORTS

The L.A. Angels have traded embattled outfielder Josh Hamilton back to Texas

Tuesday, April 28, 2015



Andrew Hammond, left, and Craig Anderson both put on breathtaking performances during the Senators' months-long run that ended Sunday night with a Game 6 loss to the Montreal Canadiens. ADRIAN WYLD/THE CANADIAN PRESS

Loss to Habs yet to sink in

NHL

Sens confront off-season after 'special' run to playoffs

The Ottawa Senators had everything they needed — except a goal and a win.

Ottawa's playoff run and season came to an end with a 2-0 loss to the Montreal Canadiens on Sunday night, the first time the Senators had been shut out all season.

"We had scrums, we had everything we wanted, everything but a goal," said Ottawa forward Clarke MacArthur. "We had four, five guys in the crease a few times you know. It just sucks."

Down 3-0 in the series the Senators came back and won two games, but were unable to force Game 7.

For the first time in the series the Canadiens scored first and while the Senators had a number of chances and threw 43 shots at Carey Price they were unable to score the equalizer. It didn't help that the power play was 0 for 4 on the night. Ottawa pushed hard in the final minute and came close but just couldn't complete the comeback one more time.

"It's very disappointing knowing that we're not coming to the rink to see each other (Monday)," said Mark Stone. "It hasn't quite sunk in yet. It still feels like there's another day tomorrow, but we're definitely proud of what we've been able to accomplish."

Jean-Gabriel Pageau appeared to tie the game with a goal in the second, but a quick whistle waived it off.

"With a little bit of puck luck and a different kind of whistle we probably would have had a different kind of game, but that's how it is sometimes," said Senators captain Erik Karlsson. "It's not something we're going to worry about. Price played a pretty solid game and that's what you're going to get when you're up against that kind of goaltender."

> **I think after the disappointment (of losing) is digested it's always a lot easier as a coach when your team has emptied its tank and that team emptied its tank for me for three months.**
>
> Dave Cameron

INJURY NOTES

Stone, Methot played hurt
Both Marc Methot and Clarke MacArthur were dealing with hip flexor injuries through the series and Mark Stone said the pain in his wrist on off-days was difficult to deal with.

While the Senators were disappointed and a little frustrated by the call, they refused to blame the loss on the incident.

"It happens every once in a while and there's nothing you can do about it," said Craig Anderson, who made 19 saves. "That's what happened and we had plenty of time. There was still a period and a half at least to go get one, but we just weren't able to get it."

While the loss will sting for a while, no one can take away the impressive run that allowed the Senators to reach the post-season.

Ottawa went 23-4-4 down the stretch and became the first team in NHL history to qualify for the playoffs after sitting 14 points back.

"It was special," said Kyle Turris. "So many things happened and so many guys stepped up. It was a real special run and we won't forget and we'll learn from ultimately going forward."

THE CANADIAN PRESS

WOMEN'S WORLD CUP

Canada rolls dice on dinged-up Matheson

Midfield dynamo Diana Matheson, sidelined by a serious knee injury last October, has made Canada's 23-woman roster for this summer's World Cup.

The 166-cap veteran, whose work ethic and passing help Canada unlock defences, tore her anterior cruciate ligament in a 3-0 friendly loss to Japan. She has been seen with crutches in recent days after injuring a foot during her rehab.

But the 31-year-old native of Oakville, Ont., is no stranger to comebacks.

Matheson, who stands just a half-inch over five feet, had knee surgery to repair torn cartilage in her right knee in November 2011. The recovery time was longer than expected but she recovered to play in the 2012 Olympics, scoring the stoppage-time goal that beat France for the bronze-medal.

Talismanic forward Christine Sinclair, with 222 caps and 153 international goals, will serve as captain. The 31-year-old from Burnaby, B.C., is one of six players with more than 100 national team appearances.

-10

Only one player — 28-year-old midfielder Selenia Iacchelli, with four appearances — has fewer than 10 caps for Canada.

The others are Matheson, fullback Rhian Wilkinson (163), midfielder Sophie Schmidt (131) and goalkeepers Karina LeBlanc (110) and Erin McLeod (104).

They're the spine of a team that went from dead last at the 2011 World Cup to the podium at the 2012 Olympics in London.

"Today marks the culmination of three years of dedicated work from the team and we are pleased with the final selection," head coach John Herdman said in a statement. "After the Olympics, we challenged the players to shed an old skin and strive to be even better as a team, and as individuals.

"Ultimately, we feel that this group of 23 makes us the best team we can be across our four corners of the game. They fully deserve this honour."

THE CANADIAN PRESS

Canada captain Christine Sinclair jokes with her niece after the Women's World Cup roster was announced on Monday in Vancouver. DARRYL DYCK/THE CANADIAN PRESS

5 PLAYERS AND THEIR OTHER PROFESSIONS

The 23-woman Canada roster announced Monday for this summer's Women's World Cup is more than a collection of soccer players: It's an eclectic group with many strings to its bow. Here's a look at some of the women's off-the-field talents.

THE CANADIAN PRESS ALL PHOTOS GETTY IMAGES

1 Erin McLeod: Artist/entrepreneur

A renaissance goalkeeper, McLeod is a talented artist whose first solo show, titled Limitless, in Toronto was a hit in the fall of 2013. "I've always drawn. It's always been kind of my release." She currently has 13 commissioned pieces on deck. McLeod says her strength is "pencil sketching and attention to detail" but often mixes the pencil work with acrylics to add colour. The Alberta native, who has a home in North Vancouver, also is an investor in and brand ambassador for Peau de Loup, a clothing line founded by Vancouverites Adelle Renaud and Beccy Anderson. The company has a date on the Dragon's Den TV show and is slated to create travel suits for the World Cup team. **For more information, visit erinmcleod.net and peaudeloup.com.**

2 Desiree Scott: Zumba instructor

The tenacious five-foot-two Winnipeg midfielder, known as The Destroyer, loves to dance and took a course in 2014 to get certified. Zumba uses a mix of salsa, reggaeton, merengue and other music. "It's just about really feeling the music and it actually is a workout ... it's a fun way to get some exercise in."
Follow @MsDScott11 on Twitter.

3 Lauren Sesselmann: Fitness DVD guru

The American-born defender, who qualifies to play for Canada through her father, who was born in Stephenville, N.L, has her own successful fitness program called Fit As a Pro, which focuses on quick, high-intensity on-the-go workouts. "I absolutely love it. Fitness is a part of our life, so it's something that really interests me ... and if I can help other people get to that level, that's definitely my dream."
For more information, visit fitasapro.com.

4 Melissa Tancredi: Chiropractor

The veteran striker, who has three degrees, started her chiropractic studies in 2006 and graduated last year, after essentially taking 2013 and 2014 off from soccer to focus on her studies. She started in pre-med at Notre Dame but became interested in becoming a chiropractor, recommended by the football team, after seeing one for back problems. "He treated me and he started giving me books and stuff to read and I really fell in love with it." The native of Ancaster, Ont., graduated from Logan College of Chiropractic in suburban St. Louis. **Follow @MelTancredi14 on Twitter.**

5 Emily Zurrer: Food truck owner

Emily Zurrer and Selenia Iacchelli are food truck co-owners. The two friends and teammates, along with Iacchelli's sister, own a Vancouver food truck called Sweet Ride FroYo 'n' Waffles, which hit the road in the summer of 2013. The business is currently on the backburner because of their soccer demands. The big seller? That's easy, says Zurrer, a defender from Crofton, B.C.. It's the Sweet Monkey, which is a Liege waffle with frozen yogurt, peanut butter, Nutella, banana and Skor pieces. "Don't tell Cesar about that one," joked Zurrer, referring to Cesar Meylan, the sport scientist tasked keeping the women in peak physical condition.
Follow @SweetRideFroYo on Twitter

RECIPE Chili Topped with Cornbread

EAT LIGHT AT HOME
Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 42 minutes

Ingredients
Serves 6
- 2 tsp vegetable oil
- 1½ cups chopped onion
- 1 cup canned corn kernels, drained
- 2 tsp minced fresh garlic
- 8 oz extra-lean ground beef
- 1 can (19 oz) red kidney beans, drained and rinsed
- 2½ cups tomato sauce
- 1 cup diced potato
- ½ cup chicken or beef stock
- 2 tsp chili powder
- 1½ tsp dried basil
- ½ tsp cumin
- ¼ cup chopped fresh parsley

Cornmeal Dumplings
- 2/3 cup all-purpose flour
- 1/3 cup cornmeal
- 1½ tsp baking powder
- 2 tsp granulated sugar
- 1/3 cup milk
- 1 egg
- 2 Tbsp vegetable oil
- 2 Tbsp chopped green onions or chives
- 1 cup grated low-fat cheddar cheese

Directions

1. Preheat oven to 400 F.

2. In a large skillet add oil, onions corn and garlic; cook until corn begins to brown, about 5 minutes. Stir in the beef and cook for 5 minutes, until the beef is cooked.

3. Stir in the beans, tomato sauce, potato, stock, chili powder, basil, and cumin. Bring to a boil, reduce the heat and cover. Simmer for 20 or just until the potatoes are tender.

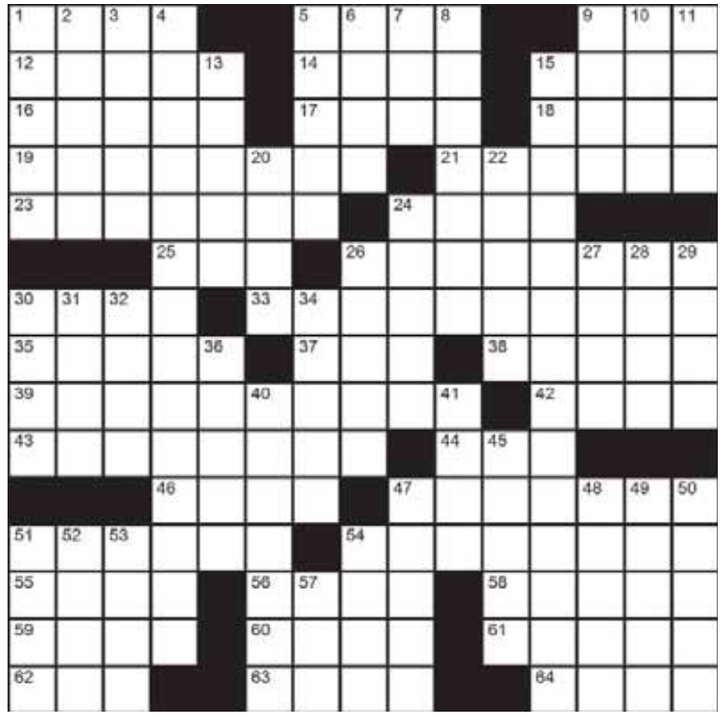
4. While chili is cooking: combine flour, cornmeal, baking powder, sugar, milk, egg, oil, green onions and ½ cup cheese until combined and spoon over chili in about 6 large mounds. Add remaining half cup cheese and bake for 12 - 15 minutes or until cornbread is cooked.

Nutrition information per serving (recipe serves 6)
- Calories 470
- Protein 26 g
- Fat 13 g
- Saturated fat 4 g
- Carbohydrates 60 g
- Cholesterol 56 mg
- Sodium 565 mg
- Fibre 8 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ salts
5. The __ Brothers (Montreal folk quartet)
9. Allow
12. Hodgepodges
14. Take _ __ from (Be influenced)
15. Rabbit-like animal
16. Finished/broken, in slang
17. Sawing cut
18. Aussie footwear
19. The Caped __ (Batman)
21. Greatest extent
23. Ancient style of ruler
24. Jump
25. Gold: Spanish
26. Brown __ (Type of catfish)
30. Ride the waves
33. Enroll again; or, make an etched dedication again
35. Vertical
37. Fireplace segment
38. Formula
39. Author of 1935 novel The African Queen, _._. __ (b.1899 - d.1966)
42. "__ _ do!" ("No you don't!" retort)
43. Island state of Australia
44. Globe
46. Cheese nibblers
47. Crouched
51. Robe in 1980 miniseries "Shogun"
54. Cabinetry wood
55. Balanced
56. Stagger
58. Lucifer
59. Buddies
60. Erupter of Europe
61. Humdrum
62. Mtn. blaster
63. Gulf War missile
64. Feet finials

DOWN
1. Italian ball sport
2. Startle
3. Slant skywards: 2 wds.
4. Centre Block on Parliament Hill is where its members sit: 3 wds.
5. Cookies and cakes creator
6. Computer company
7. Sci-Fi play
8. Fills the tank with additional gas
9. Lake: Spanish
10. Energy units
11. Check
13. Brenda __, Reporter (Classic comic strip)
15. Oscar-winning actor for his performance as the Canadian captain (who is Cockney in the book version, as per #39-Across) of a steam launch in "The African Queen" (1951): 2 wds.
20. Gateway
22. Powders
24. Aerobics move
26. Region's flora and fauna
27. Emerald entity
28. Catching _ __ (Commuter's task)
29. Half, in Hull
30. Group
31. Sky bear
32. NHL officials
34. Vintage dairy products cow
36. VIA vehicle
40. Extras on 6/49 tickets
41. Rocker, David Lee who?
45. Henhouse
47. Lunchtime order
48. Flagstones-created retreat
49. Matrikin
50. Units of force
51. Saved
52. Mr. Terrible the Tsar
53. Thaw
54. Restaurant's 'book'
57. And so on [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Life is good and getting better by the day, the hour, even the moment. You may find that hard to believe but only because you are focusing on things that are no longer of any importance to you. Expand your horizons, and have fun.

Taurus April 21 - May 21
You are full of energy and enthusiasm now, but that does not mean you should throw caution to the wind. By all means be bold today but have a goal too, something you can work towards, if only by indirect means.

Gemini May 22 - June 21
You may be tempted to bend the rules a bit today but the planets warn you won't gain much if you do. Not only that, but later in the week your conscience will nag at you.

Cancer June 22 - July 23
Try not to worry what others might think of you. If certain people disapprove of what you are doing you should take that as a sign that you are doing the right thing. In fact, the more you shock them the better!

Leo July 24 - Aug. 23
Tackle tasks and objectives you might not have the confidence or courage to tackle at other times. Yes, powerful people are likely to oppose you but you are pretty powerful too in your own way.

Virgo Aug. 24 - Sept. 23
Nothing is beyond you now and if you put your mind to it you can reach new heights over the next week or so. This is also a good time to go back and try again at something you failed at earlier in the year.

Libra Sept. 24 - Oct. 23
You seem to be having trouble at keeping a desire of some sort under wraps. Perhaps you should take the hint and let everyone know about it. According to the planets others will applaud you for being so open and honest.

Scorpio Oct. 24 - Nov. 22
With Mars moving through your opposite sign there are sure to be times when others rub you up the wrong way but you must not get aggressive in return. Give them the cold shoulder.

Sagittarius Nov. 23 - Dec. 21
If something you are working on does not seem to be making progress most likely it's because you are trying too hard. You are at your best when you are relaxed, so slow down and calm down and you'll master it soon.

Capricorn Dec. 22 - Jan. 20
You will make efforts above and beyond the call of duty over the next 24 hours. The Sun and Mars in the most dynamic area of your chart makes you feel like you can take on the world and win. And you know what? You can!

Aquarius Jan. 21 - Feb. 19
The fact that you seem to be the odd one out is not cause for concern. More than any other sign Aquarius likes to think and act against the grain – it's what makes you special.

Pisces Feb. 20 - March 20
Deals and negotiations of all kinds will go well today – you know just when to act tough and just when to make concessions. Listen to that small voice inside your head.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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	2				7	1		
1	4	6		5				
3			9					
		5		4		9		
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				6		5	7	1
		8	3				2	
6			1		2			

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